

Program Data Sheet

Name of Program: Group Exercise Classes		
Date: Dec 2004	Day of Week: M-F	Time:
Location: Fitness Center	Information Phone #: 3090	Price: No cost
Program Coordinators: Jeanette Coffman		
Phone #: 4771	Fax #:	e-mail Address:
Purpose of the Program: Provide a variety of group training classes throughout operational hours to enhance customers exercise options.		

Actions:			
Class attendance was recorded at each session: Customer opinions were gathered.			
Results:			
Indicated on Monthly After Action Report			
Elements to Change:			
Elements to Add:			
.			

After Action Report

Financial Analysis		
Sales:		NA
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

Program Analysis	
Attendance: Attendance for holiday months was good.	<p>Nov/Dec 2004</p> <p>Group Cycle- Tues- Wed, Thurs. steady Average 7 FBC- 9:30 picking up attendance 6-9, 0630- average 4 core group, Yoga- attendance in yoga is up, average 8-10 Fit for Life- Steady core group 5 SA- steady 8 SS- steady Cardio Kick- up and down attendance</p>
Elements to Change: Survey was taken by e-mail to yoga students most students favored increasing class length in noon yoga class to 60 minutes	
<p>Elements to Eliminate:</p> <p>Pilates was following a steady decline, changing to Yoga II format for Jan. to provide challenges to yoga students ready for more advanced classes.</p>	
<p>Elements to Add:</p> <p>Adding Climb the Mountain in Cycle Class Jan-Mar- Light and Tight Program support</p>	
<p>Other Comments:</p> <p>Fat burn cycle 0930 is growing in attendance. (consider Wed. Class) Fit for Life class is growing in attendance. Continue class break at Christmas, allows instructors and students time to recharge for Jan.</p>	